

*Wegmans*

eat well | live well SAT



Passport  
*to family wellness*



Howard County  
MARYLAND

# The Quest begins...

Welcome to Howard County's Nature Quest and the Wegmans Passport to Family Wellness. This booklet provides an opportunity to experience the outdoors and be active with your friends and family while discovering some of the best parks and trails in Howard County. This passport gives a description of sixteen (16) trails located in Howard County.

Just take your Wegmans Passport with you and record your progress by using a pencil or crayon to make a rubbing of the trail marker (designated by a ★ symbol on each map) located on each trail. Trail markers are mounted on 4X4 posts and are similar to the one illustrated on the back cover. See how many rubbings you can collect and look below for the prizes that await you!

- If you walk eight (8) trails maintained by Howard County Recreation & Parks (HCRP) or eight trails maintained by Columbia Association, go to the respective agency for a free giveaway.
- All questers who complete six (6) trails will receive a Wegmans coupon redeemable for a free Wegmans product.
- Questers who complete the sixteen (16) trails will be entered into a raffle for \$100 Wegmans Gift Card or a Gift Certificate from HCRP or Columbia Association.

Prizes can be picked up at HCRP headquarters (7120 Oakland Mills Road, Columbia), Columbia Association (10221 Wincopin Cir #100, Columbia).

Please call 410-313-4700 if you have any questions. We hope the Wegmans Passport to Family Wellness provides you, your family, and friends an easy way to enjoy nature, fitness, and fun!

Thank you,



**Ken Ulman**  
*Howard County Executive*



**Milton Matthews**  
*President and CEO*



**Marcie Bartolotta, MS**  
Wegmans Food Markets, Inc.  
*Manager, Eat Well Live Well  
Community Initiatives*



Passport Marker



Parking



Paved Trail

Note: Maps are not to scale

## Centennial Park, South Entrance (HCRP)

10000 Route 108, Ellicott City, MD 21042

[www.howardcountymd.gov/centennialpark.htm](http://www.howardcountymd.gov/centennialpark.htm)

**Directions:** Take Route 29 to Route 108 West. On Route 108, at the second traffic light, turn right into the park. \* Park has four main areas, North, South, East, and West, each with a separate entrance. To find the Wegmans' trail marker, go to the South Entrance.

**GPS Coordinates:** Decimal Degrees, NAD 83 datum

Parking: Latitude: 39.2398189, Longitude: -76.8601613

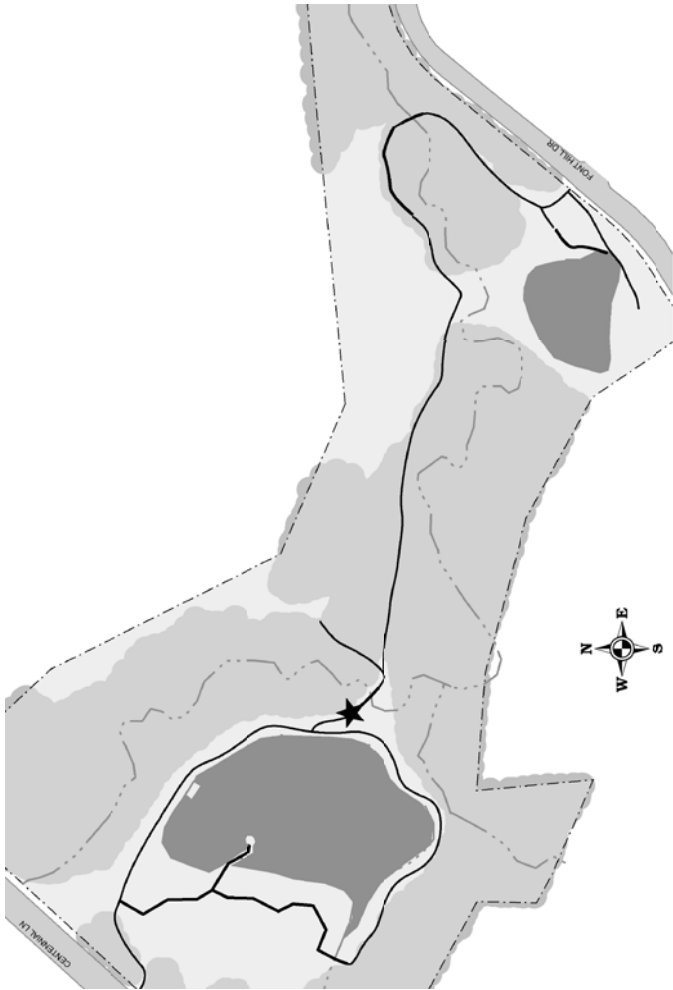
Passport Marker: Latitude: 39.2442517, Longitude: -76.8553392

**Length:** This is a 2.6-mile paved pathway that loops around the lake. It is 1.0 mile to the trail marker if heading to the right.

**Difficulty:** Moderate, varying elevation.

**Features:** This award-winning, 337-acre park features a 54-acre, man-made, stocked lake and is home to a variety of wildlife. Walk, run or bike the paved pathway around the lake. Amenities include fishing, nine picnic pavilions, three picnic areas, boat rentals and more. Leashed pets are allowed in the park but not in picnic, playground, or sports areas. Howard County law requires owners to clean up after their pets.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker   **P** Parking   — Paved Trail

Note: Maps are not to scale

## Font Hill Wetlands Park (HCRP)

3520 Font Hill Drive, Ellicott City, MD 21043

[www.howardcountymd.gov/fonthillpark.htm](http://www.howardcountymd.gov/fonthillpark.htm)

**Directions:** Take Route 40 West to Centennial Lane. Turn left onto Centennial Lane. At the traffic light, turn left onto Frederick Road and proceed approximately 0.2 miles. Then turn right onto Font Hill Drive. Park is 0.4 miles down the road on right. Street parking is available.

**GPS Coordinates:** Decimal Degrees, NAD 83 datum

Parking: Latitude: 39.2714575, Longitude: -76.8589670

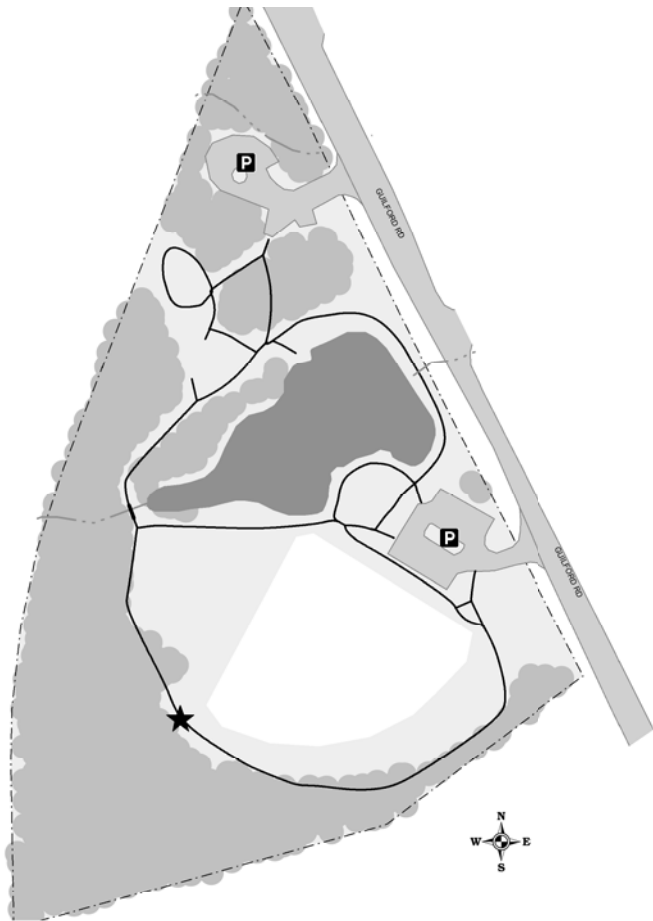
Passport Marker: Latitude: 39.2725500, Longitude: -76.8620940

**Length:** This is a .76 mile paved pathway. It is 0.2 miles to the trail marker if heading to the right.

**Difficulty:** Easy to moderate, mostly paved with some boardwalk sections.

**Features:** This 26-acre environmental education park presents many opportunities to observe and study wetlands and wildlife. Enjoy three ponds with paved pathways, and a wooden boardwalk to create a unique trail that winds through marshes filled with cattails, native trees and vegetation. Park has observation areas and fishing piers (fishing in large pond only). Wildlife includes over 100 types of birds, dragonflies and damselflies, various amphibians, and numerous mammals.

MAKE TRAIL MARKER RUBBING HERE



Passport Marker



Parking



Paved Trail

Note: Maps are not to scale

## Guilford Park (HCRP)

9900 Guilford Road, Jessup, MD 20794

[www.howardcountymd.gov/guilfordpark.htm](http://www.howardcountymd.gov/guilfordpark.htm)

**Directions:** Take Route 29 to Route 175 East to Snowden River Parkway. Turn right onto Snowden River Parkway. Turn left onto Oakland Mills Road (away from Owen Brown). At the stop sign, turn left onto Guilford Road. Park is approximately 2 miles on the right.

**GPS Coordinates:** Decimal Degrees, NAD 83 datum

Parking: Latitude: 39.1564737, Longitude: -76.8218278

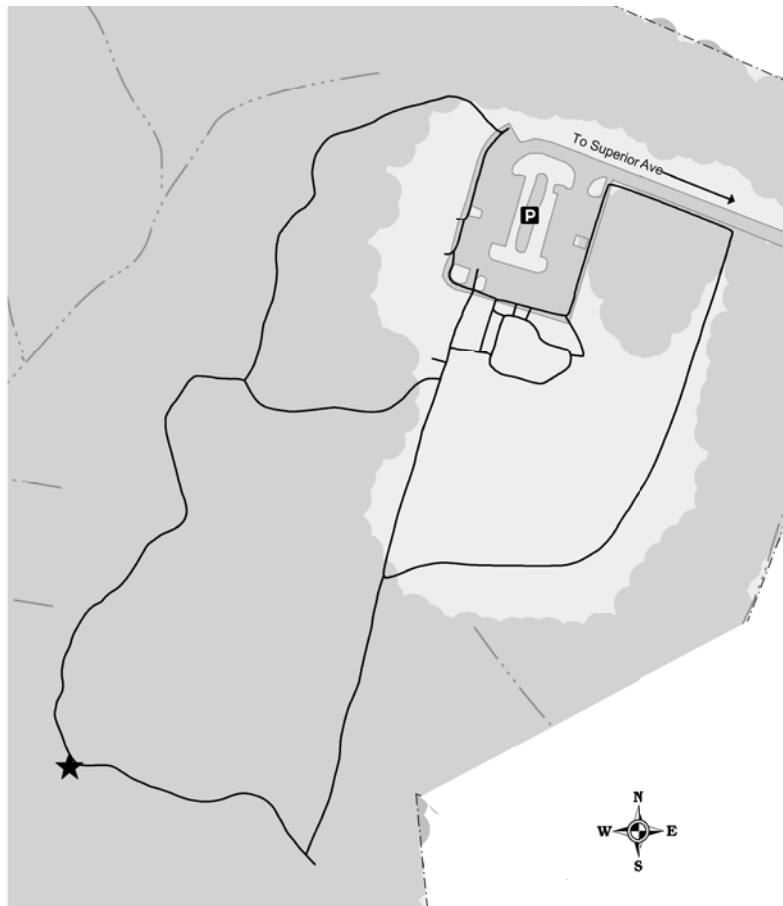
Passport Marker: 39.1544162, Longitude: -76.8220652

**Length:** This is a 0.6-mile paved pathway. It is 0.4 miles to the trail marker if heading to the right.

**Difficulty:** Easy with some elevation.

**Features:** This 11-acre park has two tennis courts, a basketball court, a ball diamond, playground and picnic pavilion, proving that this park has something for everyone! Enjoy the half-acre pond, complete with a gazebo and fishing pier.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker    **P** Parking    — Paved Trail

Note: Maps are not to scale

## High Ridge Park (HCRP)

10100 Superior Avenue, Laurel, MD 20723

[www.howardcountymd.gov/highridgepark.htm](http://www.howardcountymd.gov/highridgepark.htm)

**Directions:** Take I-95 to exit 35 to Route 216 East. Travel 0.5 miles and turn right onto Pilgrim Ave. Go 0.25 miles and turn right onto Old Scaggsville Rd. Take next left onto Superior Avenue. Go 0.25 miles to the park entrance.

**GPS Coordinates:** Decimal Degrees, NAD 83 datum

Parking: Latitude: 39.1142381, Longitude: -76.8626207

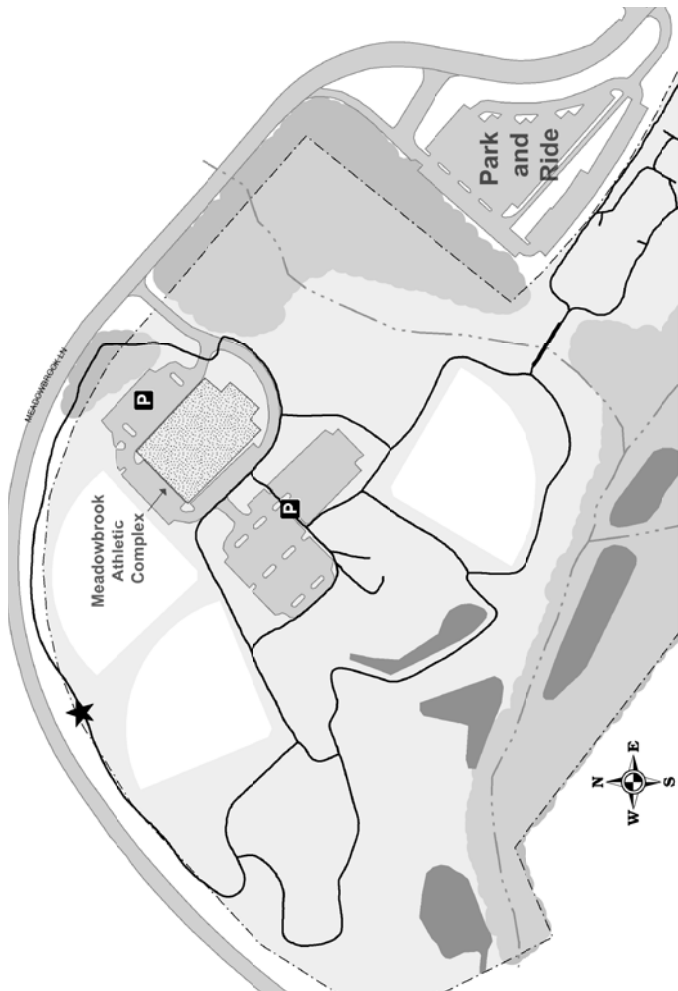
Passport Marker: 39.1120231, Longitude: -76.8650086

**Length:** This is a 1.0-mile paved pathway. It is 0.2 miles to the trail marker if heading to the right.

**Difficulty:** Easy.

**Features:** This 88-acre park borders the Patuxent River. Enjoy a tennis court, basketball court, gazebo, picnic pavilion, and playground. Only six acres are developed, so be sure to watch for wandering wildlife!

MAKE TRAIL MARKER RUBBING HERE



Note: Maps are not to scale

## Meadowbrook Park (HCRP)

5001 Meadowbrook Lane, Ellicott City, MD 21043

[www.howardcountymd.gov/meadowbrookpark.htm](http://www.howardcountymd.gov/meadowbrookpark.htm)

**Directions:** Take Route 29 to Route 100 East. Exit onto Long Gate Parkway (1st exit). Cross at the top of the ramp, then bear right towards Park & Ride lot. Park entrance is on the left after the Park & Ride lot.

**GPS Coordinates:** Decimal Degrees, NAD 83 datum

Parking: Latitude: 39.2484155, Longitude: -76.8225509

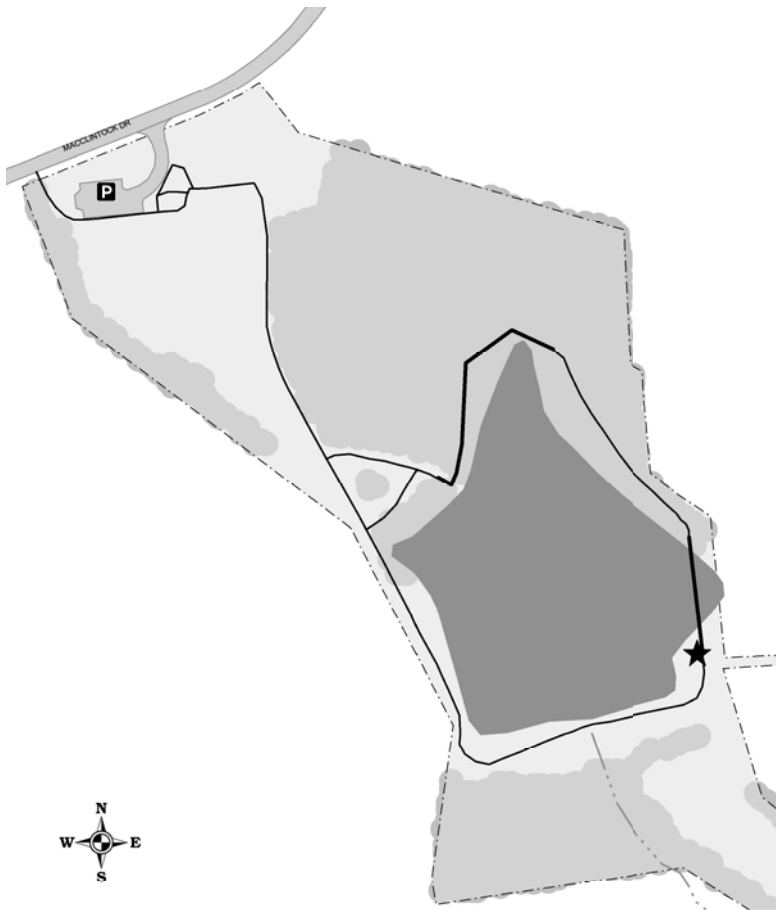
Passport Marker: 39.2497389, Longitude: -76.8241670

**Length:** This is a 2.5-mile loop circling the park. It is 0.3 miles to the trail marker if heading to the right.

**Difficulty:** Moderately strenuous, some areas of steep elevation.

**Features:** This 77-acre park features three baseball fields, an open-play area, a large playground, two tennis courts, two basketball courts, two picnic pavilions, and restroom facilities. If you have time, check out the Meadowbrook Athletic Complex - a destination for indoor basketball, volleyball, field hockey, badminton, jump rope and much more! The facility houses 35,000 square feet of unobstructed gymnasium space.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker    **P** Parking    — Paved Trail

Note: Maps are not to scale

## Warfield Pond Park (HCRP)

14523 McClintock Drive, Glenwood, MD 21738

[www.howardcountymd.gov/warfieldpondpark.htm](http://www.howardcountymd.gov/warfieldpondpark.htm)

**Directions:** Take Route 29 to Route 32 West. Then take the exit toward Burntwoods Road/Ten Oaks Road. At the traffic circle, take the 3rd exit. At the next traffic circle, take the 2nd exit onto Burntwoods Road. At the next traffic circle, continue straight (stay on Burntwoods Road). Follow Burntwoods past Glenelg High School and make a left onto Shady Lane. Turn right onto McClintock Drive. Park is on the left.

**GPS Coordinates:** Decimal Degrees, NAD 83 datum

Parking: Latitude: 39.2768955, Longitude: -77.0222055

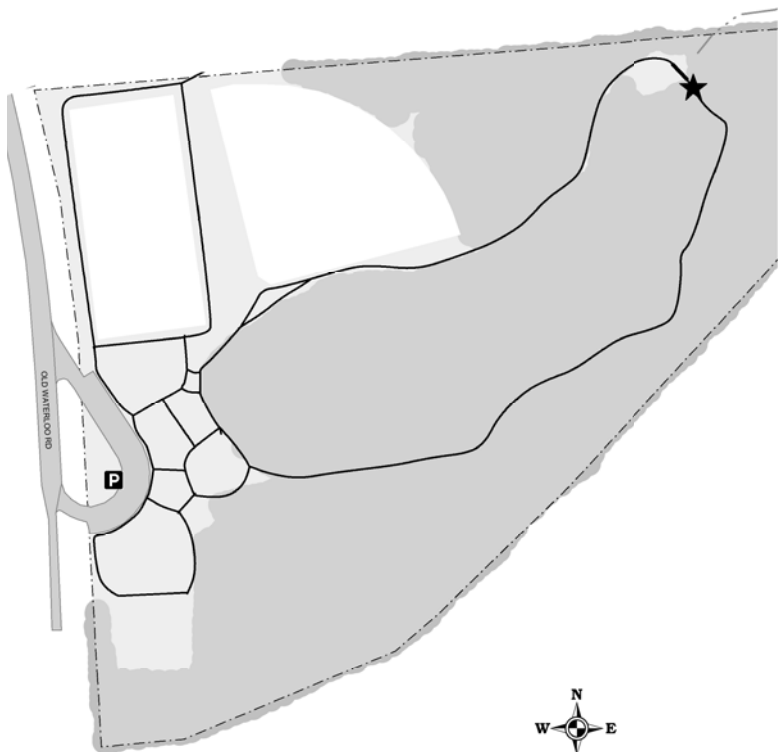
Passport Marker: 39.2747636, Longitude: -77.0187199

**Length:** This is a 0.6-mile paved path and boardwalk. It is 0.3 miles to the trail marker if heading to the right.

**Difficulty:** Easy.

**Features:** This 20-acre neighborhood park has a picnic pavilion, a playground, two tennis courts, and a basketball court. Enjoy walking around the four-acre pond, looking for turtles and frogs, and finding a good fishing spot.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker    **P** Parking    — Paved Trail

Note: Maps are not to scale

## Waterloo Park (HCRP)

6951 Old Waterloo Road, Elkridge, MD 21075  
[www.howardcountymd.gov/waterloopark.htm](http://www.howardcountymd.gov/waterloopark.htm)

**Directions:** Take Route 29 to Route 175 East. Follow Route 175 and turn left at the traffic light onto Route 108 (towards Ellicott City). Make the first right onto Lark Brown Road. Follow Lark Brown Road to the stop sign and turn right onto Old Waterloo Road. The park is at the end of the road, behind Deep Run Elementary.

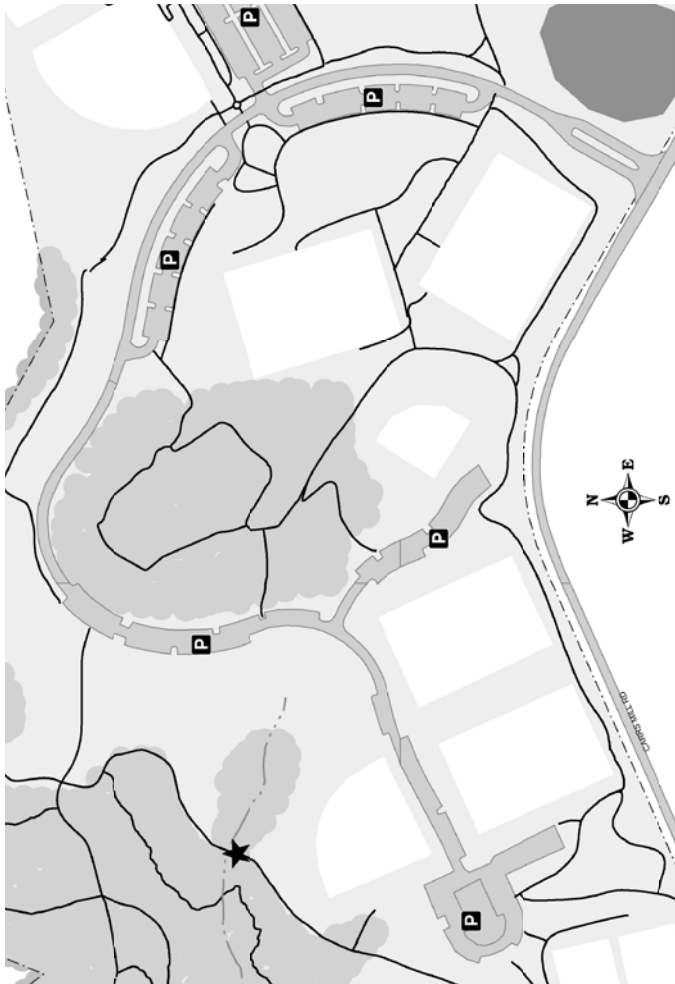
**GPS Coordinates:** Decimal Degrees, NAD 83 datum  
**Parking:** Latitude: 39.1824176, Longitude: -76.7866986  
**Passport Marker:** 39.1840798, Longitude: -76.7834527

**Length:** This is a 0.5-mile paved pathway. It is 0.2 miles to the trail marker if heading to the right.

**Difficulty:** Easy.

**Features:** This 22-acre park is a great setting for a family get-together! There are two picnic pavilions, a playground, a basketball court, two tennis courts, a ball diamond and a multipurpose field.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker    **P** Parking    — Paved Trail

Note: Maps are not to scale

## Western Regional Park (HCRP)

14800 Carrs Mill Road, Woodbine, MD 21723

[www.howardcountymd.gov/westernregionalpark.htm](http://www.howardcountymd.gov/westernregionalpark.htm)

**Directions:** Take I-70 West to Route 97 South. After crossing Frederick Road (Route 144), go about 1.3 miles (past the Gary J. Arthur Community Center and Glenwood Library) to Carrs Mill Road and take the first right turn. Entrance to the park will be about 0.3 miles on the right.

**GPS Coordinates:** Decimal Degrees, NAD 83 datum

Parking: Latitude: 39.3068924, Longitude: -77.0246289

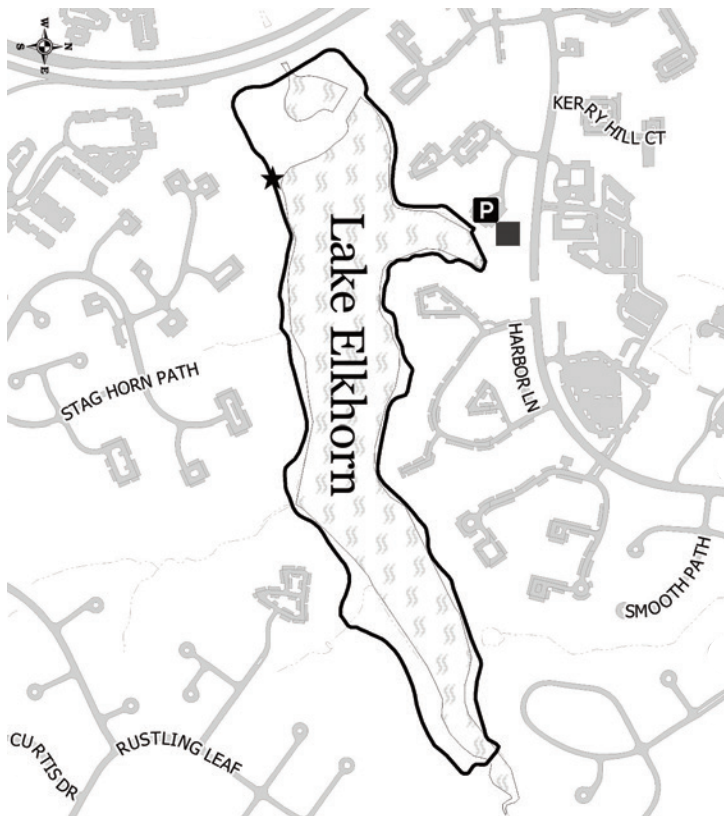
Passport Marker: 39.3069992, Longitude: -77.0317602

**Length:** This has 2.8 miles paved pathways and 2.3 miles of natural surfaces. It is 0.5 miles to the trail marker if heading to the right.

**Difficulty:** Moderately strenuous to difficult, various elevations.

**Features:** This 190-acre park includes four multi-purpose fields, two lighted synthetic turf fields, tennis courts, a playground, five ball diamonds, and two basketball courts. There are five pavilions. Leashed pets are allowed in the park but not in picnic, playground or sports areas. Howard County law requires owners to clean up after their pets.

MAKE TRAIL MARKER RUBBING HERE



Passport Marker



Parking



Trail Route



Playground

Note: Maps are not to scale.

## Lake Elkhorn Park (CA)

Lake Elkhorn Dockside, Columbia, MD 21045

Dockside Lane, take first left

### GPS Coordinates:

Parking Lot: Latitude: 39.18495; Longitude -76.8451

Trail Maker: Latitude: 39.1819; Longitude -76.8457

### Length:

1.86 miles

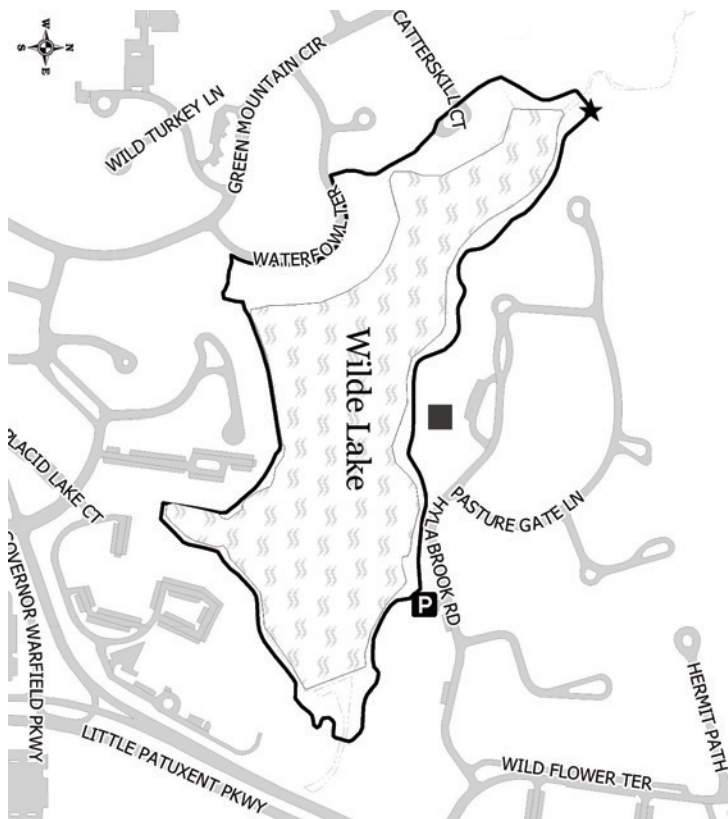
### Difficulty:

Moderate

### Features:

For many reasons this is one of the most visited CA parks in Columbia. Between the open lawns for play and picnics, the large community playground, great fishing, an outdoor exercise course, and year-round visits from local wildlife, there are many ways to enjoy your visit to the lake. And if you need to rest, there are benches along the route from which to enjoy the beautiful vistas.

MAKE TRAIL MARKER RUBBING HERE



Passport Marker



Parking



Trail Route



Playground

Note: Maps are not to scale.

## Wilde Lake Park (CA)

Wilde Lake Park

10027 Hyla Brook Road, Columbia, MD 21044

### GPS Coordinates:

Parking Lot: Latitude: 39.2243; Longitude -76.8603

Trail Maker: Latitude: 39.2260; Longitude -76.8665

### Length:

1.34 miles

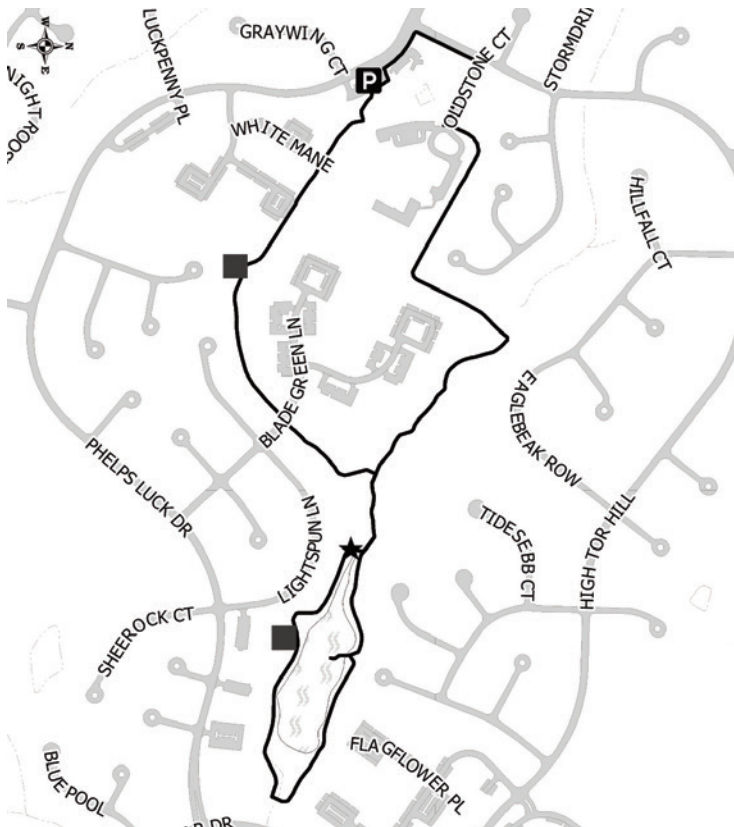
### Difficulty:

Easy

### Features:

Aside from the valley east of the dam and the hill at the southwest of the lake, this route is flat and gentle. The many architecturally interesting homes are one of the highlights of the route, along with the arboretum adjacent to the north side of the lake. In the warmer months, Wilde Lake Boathouse and Barn are likely to be in use, and the Rouse Rock is always worth a visit.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker

P Parking

— Trail Route

■ Playground

Note: Maps are not to scale.

## **Jackson Pond Park (CA)**

Phelps Luck Neighborhood Center/Pool  
5355 Phelps Luck Drive, Columbia, MD 21045

### **GPS Coordinates:**

Parking Lot: Latitude: 39.2234; Longitude -76.8188

Trail Maker: Latitude: 39.2171; Longitude -76.8191

### **Length:**

1.89 miles

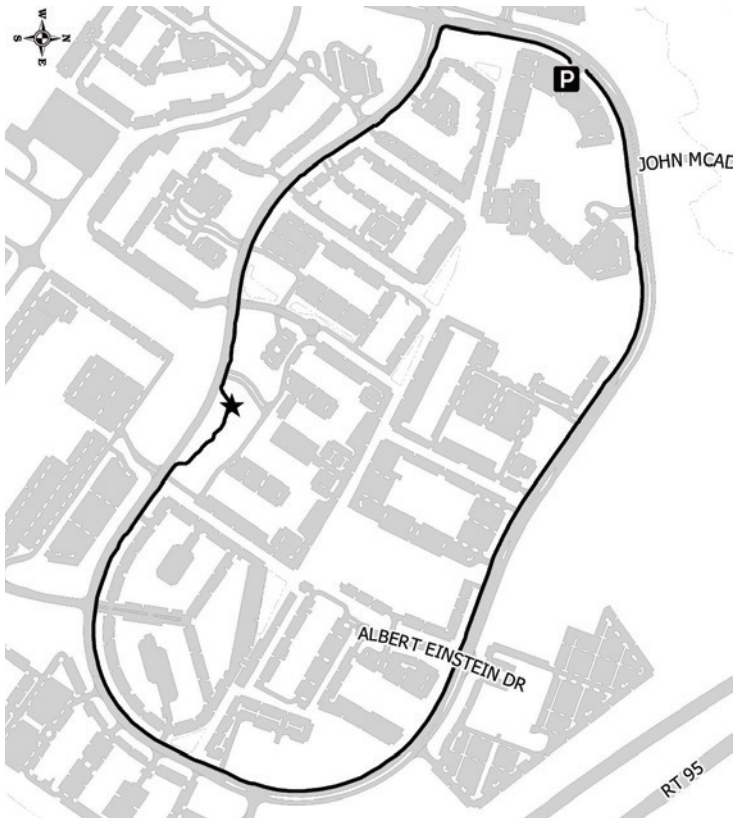
### **Difficulty:**

Moderately Easy

### **Features:**

This loop travels near a beautiful stand of mature beech trees just above scenic Jackson Pond. Around the pond itself, many types of waterfowl find the surroundings inviting and can be seen throughout year. Anglers will enjoy the long fishing pier, while those who wish to watch the other wildlife will appreciate the benches on Ashendorf Island. For those on a family outing, there are several playgrounds along the route to enjoy.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker

**P** Parking

— Trail Route

■ Playground

Note: Maps are not to scale.

## **Gateway Corporate Park (CA)**

Parking lot is just south of John McAdam Drive,  
on opposite side of Columbia Gateway Drive.

### **GPS Coordinates:**

Parking Lot: Latitude: 39.1827; Longitude -76.8006

Trail Maker: Latitude: 39.1779; Longitude -76.8069

### **Length:**

2.05 miles

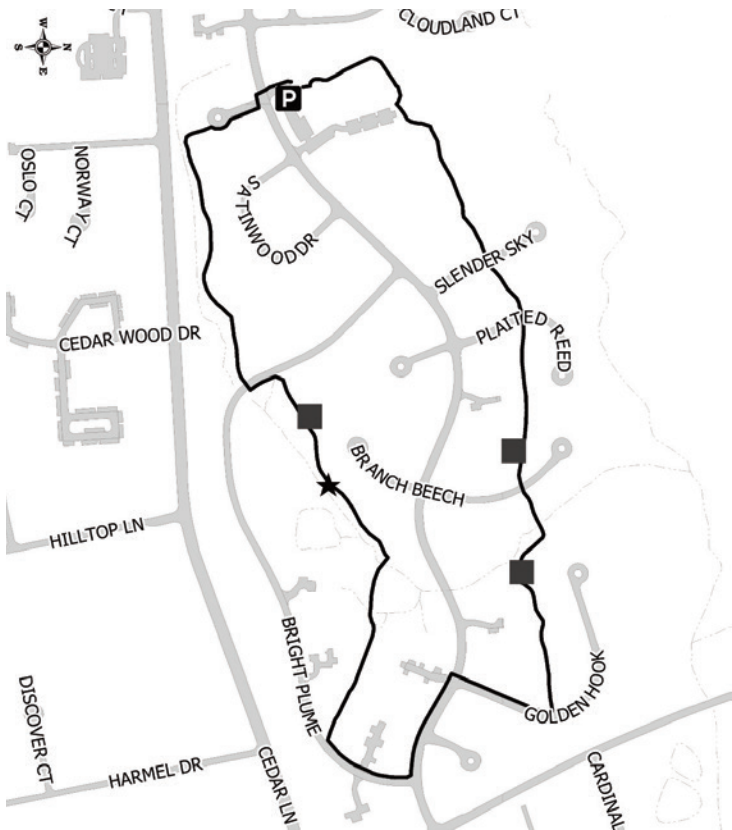
### **Difficulty:**

Easy

### **Features:**

This route provides an ideal loop for a circuit walk; at almost two miles long, tracking your distance is as simple as tracking the total number of laps you've completed. Once you've reached your desired distance, the surrounding office park provides a wide range of excellent healthy dining options for lunch, dinner and carry-out.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker

P Parking

— Trail Route

■ Playground

Note: Maps are not to scale.

## **Hawthorn Neighborhood (CA)**

Hawthorn Neighborhood Center/Pool  
6175 Sunny Spring, Columbia, MD 21044

### **GPS Coordinates:**

Parking Lot: Latitude: 39.2071; Longitude -76.8843

Trail Maker: Latitude: 39.2027; Longitude -76.8837

### **Length:**

1.54 miles

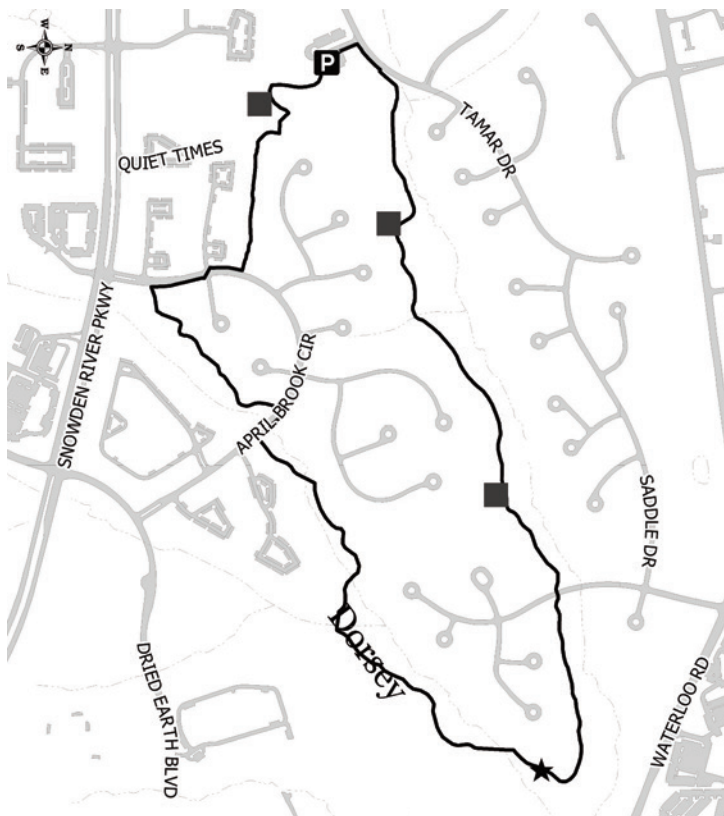
### **Difficulty:**

Easy

### **Features:**

This is a great circuit for a family outing. With three neighborhood playgrounds and a larger community playground on the route, children of all ages can find plenty to do and explore. For additional relaxing pastimes, the observation area at Hawthorn Pond provides an excellent location from which to watch local water fowl.

MAKE TRAIL MARKER RUBBING HERE



Passport Marker



Parking



Trail Route



Playground

Note: Maps are not to scale.

## Kendall Ridge Neighborhood (CA)

Kendall Ridge Pool

8245 Tamar Drive, Columbia, MD 21045

### GPS Coordinates:

Parking Lot: Latitude: 39.2028; Longitude -76.8029

Trail Maker: Latitude: 39.1907; Longitude -76.7983

### Length:

2.42 miles

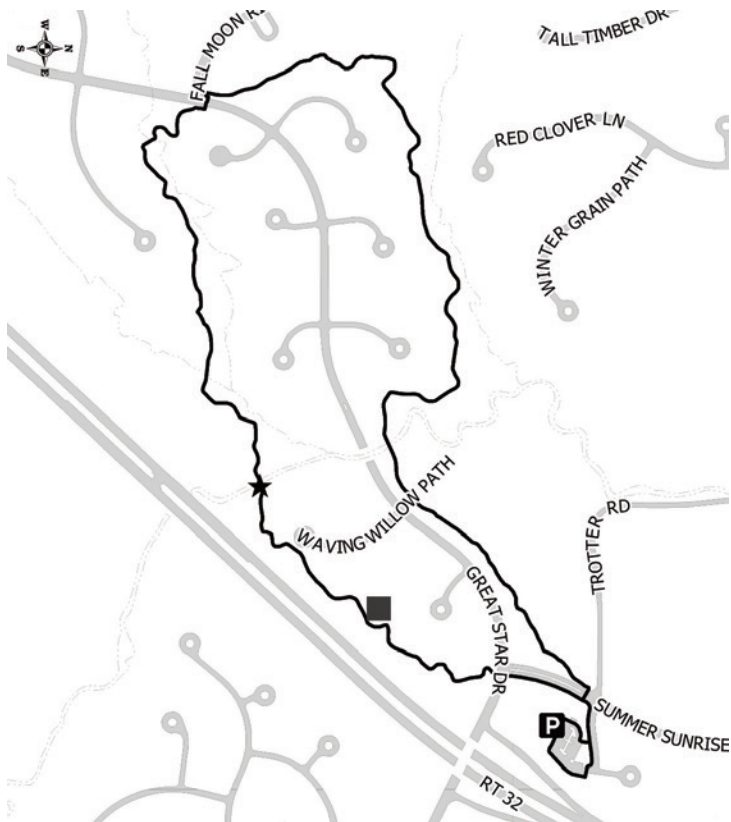
### Difficulty:

Easy

### Features:

This route follows a gentle slope down and then back up through a peaceful residential neighborhood. Along its course, you will pass over several wetlands and streams as you meander in and out of wooded areas. Spring peepers are often sighted here, and wading birds are frequent visitors during the summer.

MAKE TRAIL MARKER RUBBING HERE



★ Passport Marker

**P** Parking

— Trail Route

■ Playground

Note: Maps are not to scale.

## River Hill Neighborhood (CA)

River Hill Neighborhood Center/Pool  
6300 Trotter Road, Clarksville, MD 21029

### GPS Coordinates:

Parking Lot: Latitude: 39.1968; Longitude -76.9226

Trail Maker: Latitude: 39.2002; Longitude -76.9280

### Length:

2.15 miles

### Difficulty:

Difficult

### Features:

This route provides a great hike that takes you through the open space surrounding the nearby residential neighborhood. Water features are abundant here. Creeks, streams and wetland areas are common sights throughout the woods. Particularly memorable is the long pedestrian bridge crossing over Cricket Creek, which feeds into the nearby Middle Patuxent River.

MAKE TRAIL MARKER RUBBING HERE



## **Dorsey Search Neighborhood (CA)**

Dorsey Hall Meeting Room/Pool

4649 Columbia Road, Ellicott City, MD 21042

### **GPS Coordinates:**

Parking Lot: Latitude: 39.2502; Longitude -76.8394

Trail Maker: Latitude: 39.2588; Longitude -76.8422

### **Length:**

1.98 miles

### **Difficulty:**

Difficult

### **Features:**

An invigorating walk through the northernmost village of Columbia. The route alternates between quiet suburban neighborhoods, tranquil stretches of woods and open space. Should you want to stop and catch your breath, there are several playgrounds with benches to enjoy.

MAKE TRAIL MARKER RUBBING HERE

# Healthy Hiking Tips

**Dress in layers.** The weather or your own body temperature can fluctuate as you walk or hike. Layering allows you to comfortably add or remove clothing as needed during your activity.

**Stay hydrated.** If you plan to be active for an hour or less, plain water is typically the best option to keep you hydrated. If your activity will last for more than one hour (or the outside temperature is high) a sports drink is suggested as it provides important nutrients and electrolytes to prevent dehydration.

**Pack a snack.** Keeping a small source of energy on hand is a good idea just in case your walk goes a little longer than planned. Snacks that travel well include an apple, banana, granola bar or a small snack bag filled with nuts, trail mix or pretzels.

**Wear sunscreen.** Anytime you are out in the sun, no matter what time of year it is, it is important to protect your skin by wearing sunscreen.

**Bring a buddy.** Having someone to walk with makes the journey safer and more enjoyable.

**Carry identification.** Be sure to tell friends or family where and when you are going, including the route you'll be taking.

***~Good luck on your journey to better health!***

## *Trail Notes:*

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# Tips for Packing Healthy Picnic Baskets

- Whole wheat breads are high in fiber and contain more nutrients than white bread. Also try whole grain tortillas or wraps for variety.
- Bring fruits and vegetables in a variety of colors to get optimal nutrients. Pack a container full of colorful fruit salad for a healthy and delicious dessert!
- Bring a whole watermelon, cantaloupe, or honeydew and slice it open on the spot. Nature's packaging works beautifully to keep these fruits cool and fresh.
- Cut up veggies for dipping. Carrots, broccoli crowns, bell pepper strips and cucumbers are just a few options to try. Dip into low-fat dips, hummus or salsa for flavor!
- Consider alternatives for burgers and hot dogs. Turkey, poultry sausages, leaner ground beef, veggie burgers and grilled chicken are available and are lower in fat.
- Instead of sweetened sodas or fruit juices, bring seltzer mixed with all-natural fruit juice, unsweetened iced tea, or bottles of water. Freeze the bottled water the night before and use it as a cold pack to keep food cold. When you're ready to eat, you will have an icy bottle of water ready to drink.

***~From Wegmans Nutrition Team***

eat well live well™

Know Your Blood Pressure



## *You can cut your risk of high blood pressure*

Aim for at least 10,000 steps or 30 minutes of moderate physical activity each day. It's fine to break the 30 minutes or steps into smaller chunks throughout the day.

<b>Healthy</b>	<b>Below 120/80</b>
Pre-hypertension	120/80 to 139/89
<b>High Blood Pressure</b>	
Stage 1 hypertension	140/90 to 159/99
Stage 2 hypertension	160/100 or greater

## **Blood Pressure Fact**

Every 20 point increase in the top blood pressure number doubles your risk of stroke or heart attack. Visit our pharmacy to use our blood pressure machines. Our pharmacists can help get you started, explain what the numbers mean and share tips on how Wegmans can help.

# This passport belongs to:

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Please look for a trail marker like the one illustrated below on each trail. Trail markers are mounted on 4x4 posts. When you locate a trail marker, use a pencil or crayon to rub the letter on the corresponding page of your passport.

## Trail Marker Example:

